

Montgomery County Department of Recreation



DAMASCUS SENIOR RECREATION AND ACTIVITIES CENTER

9701 Main Street, Damascus, MD 20872 * Phone: (240) 777-6995

Hours: Mon, Tues, Wed, and Fri. 9:00am - 2:00pm Thurs, 9:00am – 4:00pm.

Tony Edghill – Director

Recreation Assistants – Carolyn Francis, Diane Kavanagh,

Sue Ketchum – Nutrition Site Manager

and Jackie Bell-Nichols

APRIL 2011

April is the month for showers!

WII TIGER WOODS THE MASTERS – Fri., April 1, and Fri., April 8, 1:00pm. Tony will welcome all to challenge Tiger Woods Wii at the Masters.

BLOOD PRESSURE SCREENING - Wed., April 6, 9:30 – 10:30am, and Thurs., April 21, 10:00 – 11:00am.
Free, service provided by retired nurse Aileen Montgomery (retired) Holy Cross Hospital.

GOLDEN AIRES – Wed., April 6, 1:00pm. Back by popular demand, a group of 25 musicians and singers age ranging 55 - 90 will play all of your big band favorites tunes from the 1930's and 1940's.

BIRTHDAY PARTY- Thurs., April. 7, 1:00pm. Join members of St. Paul's Catholic Church as they help us celebrate all of our April birthdays.

MOVIE DAY "SECRETARIAT" – Tues., April 12, 11:30am. Secretariat was considered the greatest race horse that ever lived. Join us in the dining room to watch his story.

GLORY ROAD – Tues., April 19, 1:00pm. Don Haskin of Texas Western University (UTEP) in 1966 and Steve Fisher of the University of Michigan in 1991 started a revolution in sports. Tony will compare what they did for their sport and review the trials and life lessons both men and teams encountered.

CHOLESTEROL AND OTHER SCREENING TESTS – Wed., April 20, 9:30am - 11:30am. Scheduled appointments only. You must register in advance by phone at the Adventist Health Care Office. 1-800-542-5096. There are no drop in registrations. Payment accepted over the phone by charge card or mail in a check. The following screenings are available: VAP (Vertical Auto Profile) Test, Lipid Profile, Monocystein, HeCRP, Blood Pressure, Glucose (Fasting Blood Sugar), Alc, Prostate Specific Antigen (PSA), and Body Fat Analysis. It is recommended that you fast for 12 hours before having your blood drawn. Results will be mailed to your home address within two weeks. Fee for the cholesterol (lipid) test is \$21 for people 55 and over and \$25 for those under 55 years of age. When you call, ask for the costs of the other tests available.

DAMASCUS SENIOR CENTER SENIOR PROM – Fri., April 29, 6:00pm. The Damascus Senior Center in partnership with Damascus High School will have its 4th, annual Senior Prom. There will be dancing, finger food, desserts, and beverage provided. Sign up at the front desk. **FREE!** Dress attire required.

INCOME TAX PREPARATION – For free, confidential preparation of your 2008 state, federal, and homeowner's tax forms, call the Senior Center at 240-777-6995 between 9:00am and 4:00pm weekdays to schedule an appointment. **Appointments are only available to seniors aged 55 and over** and will be scheduled on Mondays and Fridays from February 2 through April 15.

Volunteers Needed For Front Desk Receptionist **Please Sign Up, We Will Train You**

PROGRAMS FOR YOUR ENJOYMENT

TEA DANCE – Every Thursday, 1:00 – 3:30pm. Bring a partner and your dancing shoes. Enjoy dancing to your favorite music. Music provided or you can bring in a tape or CD of your choice. Refreshments served at 2:15 pm. Fee is \$1 (per person) for DSCSI Sponsors and \$2 (per person) for non-sponsors.

BOOK CLUB – Meets the 2nd Thurs. each month at 1:00pm. There is nothing better than reading a great book when you know you will be able to discuss it with each other. Come and share your recent experience.

WII TIGER WOODS THE MASTERS – Fri., April 1, and Fri., April 8, 1:00pm. See page 1 for details.

MOVIE BINGO - Tues., April 5, 1:00pm. Join George Hibbard and Richard Fox in the dining room for name-that-tune bingo

GOLDEN AIRES – Wed., April 6, 1:00pm. See page 1 for description.

BIRTHDAY PARTY – Thurs., April 7, 1:00pm. See page 1 for more information.

WII GAMES – Mon., April 11, and Fri., April 22, 1:00pm. The Damascus Senior Center will have different Wii Games available to play. Those games include Bowling, Tennis, Wii Golf, Tiger Woods Golf and Boxing.

SECRETARIAT – Tues., April 12, 11:30am. See page 1 for details.

NUCLEAR POWER PLANTS – Wed., April 13, 1:00pm. Diane Kavanagh is going to discuss with you the facts about nuclear power plants.

CURRENT EVENTS – Thurs., April 14, and Thurs., April 28, 1:00pm. Mel Dyson will be here to discuss what's happening in the news today.

SING ALONG WITH MARYBETH – Fri., April 15, 1:00pm. Join MaryBeth Talamo in the dining room to sing some of your favorite old tunes.

FAMILY FEUD – Mon., April 18, 1:00pm. Are you a Hatfield or a McCoy? Tony facilitates a friendly game of Family Feud.

GLORY ROAD – Mon., April 19, 1:00pm. See page 1 for description.

CHOLESTEROL AND OTHER SCREENING TESTS – Wed., April 20, 9:30am - 11:30am. See page 1 for description.

TWENTY ONE – Wed., April .20, 1:00pm. Tony is the dealer for this high stakes game. Win a prize and see if you can beat the dealer.

HISTORICAL EVENTS – Thurs., April 21, 1:00pm. Mel Dyson will be here to discuss past events and how they have impacted our lives.

PING PONG – Mon., April 25, 1:00pm. Ping Pong is the game of the game. Tony will challenge all who wants to play against him.

MUSIC BINGO – Tues., April 26, 1:00pm. Join MaryBeth Talamo for a game of Name-That-Tune Bingo.

DISCUSSION GROUP - Wed., April 26, 1:00pm. A Tsunami and earthquake devastated Japan where thousand remain missing or dead. Can Japan recover economically from this disaster?

DAMASCUS SENIOR CENTER SENIOR PROM – Fri., April 29, 1:00pm. See page 1 for more information.

**DAMASCUS SENIOR CENTER
SPONSORS INCORPORATED (DSCSI) TRIP**

**THE NEWSEUM
LUNCH AT FOOD COURT
FRIDAY APRIL 8, 2011 9:00am – 3:00pm**

Cost \$40.00

Check payable to DSCSI

Bring lunch money and wear good, comfortable walking shoes.

**Completed registration form and payment due for waiting list
immediately.**

The staff off the Damascus Senior Recreation and Activities Center appreciates the efforts of all of our valuable volunteer receptionists, snack bar attendants, instructors, meals on wheels drivers, and special events coordinators. Special thanks to all businesses and groups that partnership with the Damascus Senior Center.

GUIDE TO RECREATION AND LEISURE PROGRAMS - Almost everything listed in the Guide to Recreation and Leisure Programs is available for registration online. For programs that cannot be registered for online, there is a form that can be downloaded and faxed or mailed.

"Sign up" for "Esubscription" which allows customers with e-mail to receive notices two weeks prior to publication of the Guide reminding them when it will be available online. To be placed on the "Esubscription" list, please visit www.emontgomery.org to complete the registration process.

For those who do not have access to the Internet, the Guide to Recreation and Leisure Programs will still be available in community centers, senior centers, swim centers, and libraries throughout the County. The guide contains registration forms.

SENIORS TODAY! – Watch Seniors Today, a program for and about seniors produced by the Commission on Aging. Tune in to County Cable Montgomery Channel 6 Sundays at 3:30pm, Mondays at 9:30am, Tuesdays at 1:30pm, Wednesdays at 8:30pm, Thursdays at 12:30pm, Fridays at 7:30pm, and Saturdays at 11:30am.

SENIOR PROGRAMS WEB SITE: montgomerycountymd.gov/rec, your link to other recreation programs including senior programs and services offered throughout the County.

*** * * HEALTH & SOCIAL SERVICES * * ***

SENIOR INFORMATION AND ASSISTANCE - Carol Smith is available at the Center most Wednesdays from 11:30am - 4:00pm. Carol can help you with information on senior housing, financial assistance, Medicare and Medicaid information and can provide help in filling out forms. For information or an appointment, call 240-777-1060. Sponsored by Department of Health and Human Services. If Carol is unavailable when you call and you need immediate assistance, call the Senior Information and Assistance line at the Department of Health and Human Services, Aging and Disabilities 240-777-3000.

BLOOD PRESSURE SCREENING - **Wed., April 6, 9:30 – 10:30am and Thurs., April 21, 10:00 – 11:00am.**
Free, service provided by volunteer nurse Aileen Montgomery (retired) Holy Cross Hospital.

A flyer containing information about other health and social services available may be picked up at the front desk of the Damascus Senior Center.

*** * * TRANSPORTATION * * ***

TRANSPORTATION PROCEDURES – Transportation reservations must be made in person or by telephone (240-777-6995) by 2:00pm the previous day. Cancellations for either bus or lunch can be made by leaving a message on the answering machine if the Center is closed. **SAME DAY CANCELLATIONS MUST BE CALLED IN TO THE CENTER BY 8:00AM.**

A flyer containing information about other transportation services available to seniors may be picked up at the front desk of the Damascus Senior Center.

* * * CLASS NEWS & UPDATES FOR April 2011 * * *

PLEASE NOTE: PAYMENT FOR EACH NEW CLASS SESSION IS DUE BEFORE THE FIRST CLASS. Preferred payment is by check payable to DSCSI**. If classes are canceled for any reason, the start date for the next new session will be adjusted. All canceled classes will be made up. Call the Center before coming to class for the first time to confirm day and time. Most classes allow late registration at a reduced rate. To register for classes, see Center Director or Recreation Assistants.

BRIDGE CLASS – If you would like to learn how to play or refresh your memory of how to play, classes can be arranged for Mondays at 10:00. Register at the Center front desk. **Free.**

CERAMICS CLASS - Bring your own greenware or bisque pieces to class. Learn the proper techniques to complete pieces including cleaning, firing, staining and glazing, or painting and finishing with acrylics. A wide variety of paints and finishing sprays and a kiln for firing are available. Class fee: \$5 for 10 weeks **payable to DSCSI**. Join anytime. Class meets Mondays and Wednesdays from 10:00am-12:00 noon. New session starts Mon., April 5.

CHAIROBICS - This is a chair-exercise program for full-body strengthening and flexibility. Class meets Wednesdays and Fridays, 10:30 – 11:30am. Ongoing. Join anytime. **Free. Call for information.**

EXERCISE AND FITNESS - This is an on-going chair-exercise program for full-body strengthening and flexibility. This class meets Tues., and Thurs., from 10:30 - 11:30am. Join anytime. **Free.**

HAND CHIMES – Open for new participants to join anytime. You do not need to read music to participate in the class which will meet Tuesdays 10:00 – 10:45am. **Free.** Call the Center if interested.

KNITTING CLASS – Join Diane in the Art Room to learn how to knit. This class meets the 1st & 3rd Wednesdays at 11:00.

MAH-JONG – Lessons are available on Wed. Learn a new game or take a refresher course. Call the Center and ask a staff person to arrange for **free lessons**. Mah Jong games start at 12:30pm on Wednesdays. **Free.**

TAP DANCE - Meets Mondays from 12:00 - 1:15pm. All levels welcome from beginners to advance. Beginners should come at 10:30am. Stop by and talk to the teacher to see if this class is right for you. Fee: \$30 for 8 weeks. Session started Mon., March 29.

WALK AND FIRM AEROBICS – This class follows Leslie Sansone's Tapes for Older Adults, which are 30-minute workouts equivalent to either a 1½ or 2-mile outdoor walk. They combine walking-based steps and firming movements at a comfortable pace. Some of the tapes use weights (optional) for part of the time. We have 1lb. to 3lb. weights you may use. Class meets every weekday, 9:15 - 9:45am. Stop by and try it. Ongoing. **Free.**

LIFE IS GREAT WHEN YOU PARTICIPATE

* * * GAMES AND CLUBS * * *

BOOK CLUB - Join us once a month to share reviews of books each of us have read in the past month. You share your views on the book you have chosen to read. No assigned books. You will hear other's ideas and be able to add books to your reading list and avoid books that aren't your cup of tea. Meets the 2nd, Thursday of each month at 1:00pm.

BRIDGE - Every Tuesday and Thursday from 11:00am - 4:00pm, play as long as you like. New players are always welcome.

CANASTA – Meets on Tuesdays from 1:00 – 3:30pm. Experienced and new players all are welcome to learn and play cards in a comfortable, friendly environment.

MAH JONG - Every Wednesday at 12:30pm. New players are welcome anytime.

PINOCHLE - Every Monday and Wednesday from 10:00am - 3:00pm. Play all day or part of the day. New players are always welcome.

* * * MORE PROGRAM OPPORTUNITIES * * *

BILLIARDS, PING PONG, INDOOR AND OUTDOOR SHUFFLEBOARD, AIR HOCKEY, BASKETBALL, HORSESHOES, BOARD GAMES AND PUZZLES are all available to enjoy at the Center.



EXERCISE ROOM - Remember to see a staff person for first time use of Treadmills, Bike, Cardio-Glide, Cross Country Power Walker, or Schwinn Fitness Center. This equipment is available for you to use on your own anytime during regular Center hours.



* * * NUTRITION LUNCH PROGRAM * * *

Meals Monday through Friday are prepared on-site under the Senior Nutrition Program. Order by Monday each week for meals served that week. Space is limited and reservations fill quickly. You may sign up for any of those meals as soon as the menu for the following month is available, which may be as early as the 24th of the month. The full cost of Monday – Friday meals is \$7.00. **For people aged 60 and over, and spouses of any age, a voluntary contribution is requested. Guests under age 60 must pay the full cost of the meal.** Please contribute as much as you can as contributions are used to purchase more meals. **PLEASE TRY TO BRING EXACT AMOUNT OF DONATION WHEN POSSIBLE.**

Cancellations for lunch can be made by leaving a message on the answering machine if the Center is closed.
SAME DAY CANCELLATIONS MUST BE CALLED IN TO THE CENTER BY 8:00AM.

For information on limited transportation to and from Damascus Senior Center, please call the Center at 240-777-6995.

*** * * SIGN IN PLEASE! * * ***

We ask for your continued assistance by scanning your access card and signing in each day.

Attendance figures are an important factor in determining building usage and future needs. Registering each day helps us to keep more accurate records and assists us when we request additional funds and staff.

Thanks for your help and cooperation.

REMEMBER TO SHOW YOUR SUPPORT!

If you have not done so already, you are invited to become a member of the Damascus Senior Center Sponsors, Inc. (DSCSI). For a \$5 minimum donation, you will be entitled to vote in DSCSI elections, receive discounts on some special events and enjoy some special sponsor-supported programs at no cost. However, more importantly, you will be supporting your Center and its ability to provide high quality programs, classes, and services at the lowest cost possible. Many of our classes are now sponsored by DSCSI as well as our Snack Bar and Gift Shop. If you are under 55 years old, you are welcome to become a non-participatory sponsor and friend. See a Center staff member or Receptionist.

Seniors with disabilities are encouraged to participate in senior programs. Montgomery County Government is committed to complying with The Americans with Disabilities Act (ADA). If you need auxiliary aids, services or program assistance in order to participate, notification must be received no later than two (2) weeks prior to the start of the activity. Contact the Mainstream Facilitator at 301-468-4540/TTY 240-777-6974.

Financial Assistance Policy - The Department of Recreation offers reduced recreation fees for lower income residents. If you require financial assistance, see a staff member.

THANK YOU FOR SUPPORTING YOUR CENTER

**Damascus Senior Center
APRIL 2011**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00 Coffee Social 9:15 Walk & Firm 10:30 Chairobics 1:00 Wii Tiger Woods The Masters
4 9:00 Coffee Social 9:15 Walk & Firm 10:00 Pinochle 10:00 Ceramics 10:00 Bridge Lessons 12:00 Tap Dance 1:00 Board Games	5 9:00 Coffee Social 9:15 Walk & Firm 10:00 Hand Chimes 10:30 Ex. & Fit. 11:00 Bridge 1:00 Canasta 1:00 Movie Bingo	6 9:00 Coffee Social 9:15 Walk & Firm 9:30 Blood Pressure 10:00 Ceramics 10:00 Pinochle 10:30 Advisory Committee 10:30 Chairobics 11:00 Knitting 11:00 Sing Along 12:30 Mah Jong 1:00 Golden Aires	7 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit. 11:00 Bridge 1:00 Tea Dance 1:00 Birthday Party w/St. Paul's Catholic	8 9:00 Coffee Social 9:15 Walk & Firm 10:30 Chairobics 11:30 Line Dance 1:00 Wii Tiger Woods The Masters
11 9:00 Coffee Social 9:15 Walk & Firm 10:00 Pinochle 10:00 Ceramics 10:00 Bridge Lessons 12:00 Tap Dance 1:00 Wii Games	12 9:00 Coffee Social 9:15 Walk & Firm 10:00 Hand Chimes 10:30 Ex. & Fit. 11:00 Bridge 11:30 Movie Day 1:00 DSCSI Board 1:00 Canasta	13 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:30 Chairobics 11:00 Sing Along 12:30 Mah Jong 1:00 Nuclear Power Plants	14 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit. 11:00 Bridge 1:00 Tea Dance 1:00 Book Club 1:00 Current Events	15 9:00 Coffee Social 9:15 Walk & Firm 10:30 Chairobics 11:30 Line Dance 1:00 Sing Along with MaryBeth
18 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:00 Bridge Lessons 12:00 Tap Dance 1:00 Family Feud	19 9:00 Coffee Social 9:15 Walk & Firm 10:00 Hand Chimes 10:30 Ex. & Fit. 11:00 Bridge 1:00 Canasta 1:00 Glory Road	20 9:00 Coffee Social 9:15 Walk & Firm 9:30 Cholesterol Screening 10:00 Ceramics 10:00 Pinochle 10:30 Chairobics 11:00 Knitting 11:00 Sing Along 12:30 Mah Jong 1:00 Twenty One	21 9:00 Coffee Social 9:15 Walk & Firm 10:00 Blood Pressure 10:30 Ex. & Fit. 11:00 Bridge 1:00 Tea Dance 1:00 Historical Events	22 9:00 Coffee Social 9:15 Walk & Firm 9:30 Mini Trip 10:30 Chairobics 11:30 Line Dance 1:00 Wii Games
25 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:00 Bridge Lessons 12:00 Tap Dance 1:00 Ping Pong	26 9:00 Coffee Social 9:15 Walk & Firm 10:00 Hand Chimes 10:30 Ex. & Fit. 11:00 Bridge 1:00 Canasta 1:00 Music Bingo	27 9:00 Coffee Social 9:15 Walk & Firm 10:00 Ceramics 10:00 Pinochle 10:30 Chairobics 11:00 Sing Along 12:30 Mah Jong 1:00 Discussion Group	28 9:00 Coffee Social 9:15 Walk & Firm 10:30 Ex. & Fit. 11:00 Bridge 1:00 Tea Dance 1:00 Current Events	29 9:00 Coffee Social 9:15 Walk & Firm 10:30 Chairobics 11:30 Line Dance 1:00 Discussion Group 6:00 Senior Prom